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July 22, 2016

County Urges Residents to Take Precautions during Excessive Heat; Offers Tips on Surviving the Heat

With temperatures forecast for the upper-90s to 100° later this week, and heat indexes forecast to exceed that, County officials are urging residents to take precautions to protect themselves against heat-related illnesses such as heat stroke and heat exhaustion. Residents are also asked to check on elderly friends, relatives and neighbors who may be isolated to be sure they are not showing signs of heat-related illnesses. County facilities, including libraries, swimming pools, recreation and senior centers, as well as regional services centers, will be open and may provide respite from the heat.

The following precautions will help residents remain safe and comfortable during excessive heat days.

Stay indoors, whenever possible. Visit nearby air conditioned buildings in your community if your home is not air-conditioned. In addition to County facilities, residents can visit shopping malls, movie theaters and museums. A hyperthermia plan for homeless shelters has been activated and shelters that are normally closed during daytime hours will remain open so that individuals can stay indoors. Progress Place in downtown Silver Spring will remain open from 8 a.m. to 6 p.m. for all homeless individuals.

Heat Safety Tips

- **Be careful to avoid strenuous activities that can result in overexposure to the sun, such as sports and gardening.** If you must do a strenuous activity, do it during the coolest part of the day, which is usually in the morning before 9 a.m.
- **Drink plenty of water.** Dehydration, cramps, exhaustion or heat stroke can result from not drinking enough fluids. Water is the safest liquid to drink.
- **Avoid drinks containing alcohol or caffeine.**
- **When outdoors, wear proper protection from the sun.** Light-colored clothing, a hat, sunglasses and sunscreen protection are recommended.
- **Never leave pets or young children in a car for ANY amount of time, even if the windows are cracked open.**
- **Monitor those at high risk.** Those at greatest risk of heat-related illness include:
 - Infants and children up to four years of age;
 - Individuals 65 years of age and older;
 - Individuals who are ill or on certain medications; and
 - Individuals who are overweight.

Knowing the signs of heat exposure can prevent serious illness from becoming life threatening. Should any of the following occur, get out of the heat, loosen any tight or heavy clothing, and drink plenty of water:

- **Heat cramps:** symptoms include painful muscle spasms, usually involving the abdominal muscles or legs;
- **Heat exhaustion:** first signs are cool, moist, pale or flushed skin, dizziness, nausea, headache and weakness; and

- **Heat stroke:** the most serious sign of overexposure. Symptoms include red, hot, dry skin, weak pulse, rapid breathing and changes in consciousness.
Seek medical attention by calling 9-1-1.

For general information about County programs and services, call 3-1-1. For more tips on having a safe and enjoyable summer, please go to the County's Summer of Safety page at montgomerycountymd.gov/summersafety/, or on social media, use the [#MoCoSafety](https://twitter.com/MoCoSafety).



2016 Farm Tour and Harvest Sale Saturday, July 23 and Sunday, July 24

Montgomery County celebrates its agricultural heritage by promoting local farms, and inviting our residents to indulge in seasonally fresh food during the [27th Annual Farm Tour and Harvest](http://montgomerycountymd.gov/summersafety/) as well as throughout the entire growing season.

Visit our [Facebook page](https://www.facebook.com/montgomerycountymd), or montgomerycountymd.gov/farmtour.



BlackRock Free Summer Concert

Saturday, July 23 7:00pm

On the lawn

12901 Town Commons Drive, Germantown

The Empresarios

(Salsa, Cumbia, Reggae, and Dub)

The Empresarios' sound is best described as "Tropicaliente," a lively and unique blend of salsa, reggae, cumbia, dub, and house full of great fun and good vibes.

In case you missed this . . .

\$230 Million Plan to Reduce Congestion Along I-270

County Executive Ike Leggett joined Maryland Governor Larry Hogan at the I-270 news conference in which Governor Hogan announced a \$230 million plan to reduce congestion along the I-270 corridor, including nearly \$130 million for a critically-needed interchange at I-270 and Watkins Mill Road. Hogan also announced the State will give the County \$1 million to cover County alternative transportation options during Metro's planned SafeTrack closures in the County in August. Joining Hogan and Leggett were (left to right) Council President Nancy Floreen, State Senator Cheryl Kagan, Councilman George Leventhal, Council Vice President Roger Berliner, and State Senator Brian Feldman. [See News Release for more info.](http://www.bethesdamagazine.com/Bethesda-Beat/Web-2016/Quiz-Why-Was-Rockville-Pike-Improved-in-1755)

Do you know? . . .

Why Rockville Pike was improved in 1755?

See answer at <http://www.bethesdamagazine.com/Bethesda-Beat/Web-2016/Quiz-Why-Was-Rockville-Pike-Improved-in-1755> (Source: Bethesda Magazine)

Public Forum:
Alternative Route to be Considered on Proposed New Ride On Route in Potomac
Thursday, July 28 6:30pm
Travilah Elementary School All-Purpose Room
13801 Dufief Mill Road, North Potomac

The forum will end after the last speaker. If the forum is cancelled due to inclement weather, it will be rescheduled for Thursday, August 11, 2016.

Ride On is expanding its services to meet the demand for smaller, isolated communities. This one-year pilot program will serve the Potomac community south of River Road, adding new stops, as well, in North Potomac and Rockville. The proposed routing encompasses River Road, Travilah Road, Piney Meetinghouse Road, Glen Road, Darnestown Road, Wootton Parkway, Great Falls Road and Middle Lane to the Rockville Metro Station. The route will provide transportation to local schools, Shady Grove Hospital, libraries, shops, eateries and other transportation services. The route will operate seven days a week, from 6 a.m. to 7 p.m., running every 75 minutes. The regular Ride On fare for this route will be \$1.75. Residents along all of these roads and surrounding areas are invited to share input about this proposed new service.

In keeping with operating procedures for service changes, Ride On conducts public forums to solicit comments from concerned parties prior to implementation of a new proposed route.

Individuals and representatives of organizations who wish to speak at the public forum are requested to provide in writing their name, home address, telephone number, e-mail address and organization to the Division of Transit Services, Ride On Public Forum, 101 Monroe Street, 5th Floor, Rockville, MD 20850 or to mcdot.rideonpublicforums@montgomerycountymd.gov. Those wishing to speak must provide such information by July 25, 2016. Those who have signed up in advance will have three (3) minutes to speak and must bring two printed copies of their testimony for the record.

Sign and non-English language translation services will be provided upon request by emailing mcdot.rideonpublicforums@montgomerycountymd.gov no later than July 25, 2016.

Additionally, comments on the proposed new route may be submitted in writing, by email, or by fax **no later than August 11, 2016** to:

Division of Transit Services
Ride On Public Forum
101 Monroe Street, 5th Floor
Rockville, MD 20850
240-777-5800
Fax 240-777-5801

mcdot.rideonpublicforums@montgomerycountymd.gov

Large print format or information in other languages is available upon request with five (5) business days notice. All comments, including alternatives, will be considered before any changes are finalized.

For information regarding these proposed changes, please access the Ride On web site at www.rideonbus.com.

For Employers: Matching Subsidies!

Coming soon...Montgomery County is introducing a "FareShare" program that offers matching subsidies to employers located within any of the County's [Transportation Management Districts](#) (TMDs) when they offer employees a transit benefit. Watch for details coming soon!

Public Meeting: Comprehensive Update to Park Rules and Regulations

Thursday, July 28, 2016
Montgomery Regional Office
8787 Georgia Avenue, Silver Spring

Help Improve the Parks! The public is invited to provide comments to the Montgomery County Planning Board on the proposed update to the Maryland-National Capital Park and Planning Commission Park Rules and Regulations at this meeting, which follows a July 7th public meeting held by the full Commission at the Laurel-Beltsville Senior Activity Center in Laurel, Maryland. Proposed changes to rules and regulations include:

- Commercial activities in parks
- Unpermitted regular use of athletic fields by large groups
- Use of bicycles on trails and trail hours of operation
- Smoking and similar activities on park property
- Consumption of adult beverages on park property

Please check www.MontgomeryPlanningBoard.org/agenda closer to the July 28 date as the agenda is subject to revisions. For further information, please visit www.MontgomeryParks.org.

Red Line Metrorail Service Extremely Limited Starting August 1

It's Time: Make alternative commuting plans. Metrorail service on the Red Line will be extremely limited and slow during Metro's upcoming "[Safety Surges](#)" on these dates:



- August 1-7 (Continuous single tracking between Takoma and Silver Spring)
- August 9-18 (Continuous single tracking between Shady Grove and Twinbrook)
- October 10 - November 1 (Line segment shutdown between Ft. Totten and NoMa)

Plan for the Worst: Although each surge targets a limited section of the Red Line, you should expect major disruptions and very long delays throughout the entire loop between Shady Grove and Glenmont.

Choose Alternatives: Visit montgomerycountymd.gov/commute to explore your options.

- Montgomery County [Ride On](#) will provide additional bus service on certain routes and free shuttles between affected Metrorail stations. Ride On will also provide on-street ambassadors at affected Metrorail stations to help direct travelers to transit options. (WMATA plans to enhance [Metrobus](#) service in surge areas, too.)
- Consider [MARC train](#), if your route aligns with their services.
- [Bike sharing](#) and [car sharing](#) can help you reach your destination when your nearest transit stop is a bit too far for walking. (Capital Bikeshare offers a special [\\$2 single-trip fare](#) during SafeTrack.)
- Join or form a [carpool or vanpool](#). Call 240-773-TRIPS (8747), fill out the Commuter Connections ridematching [form](#), or email us at mcdot.Trips.ss@montgomerycountymd.gov for ridesharing assistance.
- Download the Commuter Connections [mobile app](#) (available for [iPhone](#), [Android](#), [Blackberry](#)).

Employers, You Can Help

- Telework is a great option for coping with Metro's SafeTrack surges. (See below for info from our recent telework webinar.)
- Email mcdot.CommuterServices@montgomerycountymd.gov to arrange on-site commuter information fairs for your employees.

Employer Telework Webinar Recording Available

Employers, if you missed last month's telework quick-start webinar, you can [view the video](#) and [read the Q&A](#) (PDF). Teleworking offers one of the most effective ways to respond to the unique challenges presented by SafeTrack, which will make Metrorail essentially unavailable on various lines for extended periods of time. Telework can provide your organization a way to address employee and management concerns, maintain or even improve productivity, and provide an effective mobility alternative during SafeTrack. The webinar video and Q&A are posted on our website: <https://montgomerycountymd.gov/commute>

2016 National Night Out Events



The 2016 National Night Out annual observance will take place on Tuesday, August 2. National Night out, which is sponsored by the National Association of Town Watch (NATW), is designed to generate neighborhood support and participation in crime prevention efforts and to enhance police and community relations. Along with the traditional display of outdoor lights and front porch vigils, many communities celebrate with a variety of events to help neighbors get to know one another and to build community spirit. This will be the 33rd year of National Night Out observances that demonstrate a community's commitment to keep their neighborhood free from crime.

To see a list of communities that have provided their respective itinerary of events as of 7/22/16, visit

<http://www.mymcpnews.com/2016/07/22/2016-national-night-out-events>

Montgomery County Commission for Women 2016 Listening Tour

What Are You Concerned About?

Economic Justice/Violence Against Women
Affordable Child Care/Affordable Housing/Neighborhood Safety/
Access to Healthcare/Women and Poverty

LAST STOP: 8/11/2016, 10am-noon

Germantown Library, Group Room A
19840 Century Blvd, Germantown, MD 20874

The event is free and open to the public
Questions? Email: cfwinfo@montgomerycountymd.gov
Phone: 240-777-8333



One County, Many Different Viewpoints

Tough dialogue was shared at the BlackRock Center for the Arts as Montgomery County again saw solid turnout at the second of two town hall meetings to encourage further conversation about community and police relations. Participating in the panel discussion were County Executive Ike Leggett; Montgomery County branch of the National Association for the Advancement of Colored People President Linda Plummer; County Council President Nancy Floreen; Montgomery County Office of Human Rights Director James Stowe; Faith Community Working Group Staff Liaison Rev. Mansfield “Kasey” Kaseman; and Montgomery County Police Department Chief Thomas Manger.



Send your ideas for growing together as one community to upcounty.citizen@montgomerycountymd.gov.

Keep the dialogue going!

For more News from the Office of the County Executive, visit: <http://www.montgomerycountymd.gov/news>

For other news and meeting agendas, visit:

County Council http://www2.montgomerycountymd.gov/mcgportalapps/press_List.aspx?id=01

Planning Board http://www.montgomeryplanning.org/departments/news_releases

Also check out the latest from:

Department of Public Libraries <http://www.montgomerycountymd.gov/library>

Department of Recreation <http://www6.montgomerycountymd.gov/rectmpl.asp?url=/content/rec/index.asp>

Department of Transportation <http://www.montgomerycountymd.gov/dot/index.html>

Department of Environmental Protection <http://www6.montgomerycountymd.gov/deatmpl.asp?url=/content/dep/dephome/index.asp>

Department of Permitting Services <http://permitting.montgomerycountymd.gov/DPS/general/Home.aspx>

Montgomery County Volunteer Center <http://www.montgomeryserves.org>

Office of Community Partnerships <http://archive.constantcontact.com/fs100/1102184431012/archive/1117215431562.html>

Commission for Women <http://www.montgomerycountymd.gov/cfw/index.html>